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MAR 2 1925

# Weekly Bulletin



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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. IV, No. 2

FEBRUARY 21, 1925

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EDITOR

## Get Ready for School Now.

About six months from now school bells will be ringing, for the first time, for thousands of American children. Picture this vast army of small citizens trudging toward the public schools of our country. They little realize the importance of the event but their parents should consider the fact that entering school is the first act of citizenship performed by the child. It marks his first rubbing of shoulders against those of his fellows. It is the beginning of the child's life as a unit in our civilization. This sounds like assuming a tremendous responsibility for a small child, but it is unquestionably one of the most important and most serious events in a child's life. There are few mothers and fathers who can not remember their first day in school. With some it was a day of fears and a day of tears; with others it was a day of wide-eyed wonder, and with many it was a day of happy surprises, full of entertainment of a new sort.

Whether the child greets this important day with gladness depends to a large extent upon his physical condition. If his teeth are decayed, if his tonsils are diseased, if he is unable to breathe freely through his nose, he is not in fit condition to enter upon his important career as an educated citizen of the United States. He can not escape attending school, because the law requires it. Whether or not he goes to school in fit physical con-

dition, depends entirely upon the wisdom and foresight of his parents. His mother is chiefly responsible for the child's physical condition and she should make certain that he is physically fit.

If there are physical defects in a child who will enter school next fall, right now is the time to learn of such defects and have them corrected. Then he will be fit and ready when the time comes to answer the school bell's joyful ring.

The Bureau of Child Hygiene of the California State Board of Health is undertaking a plan for helping California children to be fit for entering school and has made arrangements for free examinations of preschool children to be given this spring in nearly every county of California. Local papers in nearly every part of the state will print full particulars concerning the time and place where each conference will be held. If parents are unable to learn the necessary particulars, they can obtain full information by writing to the Bureau of Child Hygiene, California State Board of Health, State Building, San Francisco.

These physical examinations will be made by competent physicians, at no cost to the parents, and no fees of any sort will be required. This is part of the state's plan for helping to give California school children an opportunity to start school physically fit, for the state knows that a sick child can not be educated properly and the state can not get full value for the immense sums that it spends for education, unless the great army of school children is composed of strong, healthy, red-blooded young citizens.



### Dr. Hassler Urges General Vaccination.

In a radio talk recently given by Dr. W. C. Hassler, health officer of San Francisco, strong emphasis is placed upon the present need for the vaccination of the general population against smallpox. In the course of his remarks, Dr. Hassler said:

"The records of the Health Department of San Francisco show that since November of 1924, when four cases of smallpox were reported, and six in the month of December, 1924, with no deaths, that in January of 1925 the reported cases reached the number of 26 with four deaths resulting. For the first two days of February, 1925, eleven cases have been reported, no deaths resulting so far.

The present invasion seems to be of a more virulent type than we have encountered for some years. For example, in the fiscal year 1920-21, when a very wide invasion occurred, 1142 cases of smallpox were reported; in 1921-22, 150 cases; in 1922-23, 42 cases. In 1923-24, or up to June 30th of the last mentioned year, 28 cases were reported, but during these periods we had no deaths resulting out of a total of 1362 cases. For the seven months of the ensuing fiscal year, or since July 1, 1924, 50 cases have been reported, and, as before stated, with four deaths, a mortality above the average.

It is not an easy matter to determine just exactly the reason for the present invasion. It may be possible that following along the main lines of traffic that some of the cases which San Francisco has met with have been the result of the contact of this line of travel between Los Angeles, Fresno and other interior cities.

*Vaccination against smallpox can not be stressed too strongly at this particular moment*, even for those who have had a previous successful vaccination within the past seven years. We would call attention to the epidemic of 1920-21, when the total cases reported, as before stated, were 1142. Our statistics show that of this total 63 had been successfully vaccinated prior to the attack, and only five of these were vaccinated within a period of seven years before coming down with the disease; 1079 of these victims had never been vaccinated prior to the onset; 457, or 40 per cent, of the cases out of this grand total occurred in children between the ages of six and fourteen years; 412 were in the adult class, males

and females being practically equal as to age incidence totals.

In view of the malignancy of this disease and its woeful effects on the human family, the terror that it inspires in the minds of most individuals, and the difficulty encountered by health authorities in locating its origin, there is but one sensible and rational course to pursue—*vaccination*.

The figures as herein given showing that 98 per cent of the people attacked by this malady are unvaccinated, is *prima facie* evidence of the fact that *successful vaccination* when an epidemic is threatening is a real safeguard against contracting this disease."



### Present Status of Rocky Mountain Spotted Fever.

Cases of Rocky Mountain spotted fever are occasionally reported in California. All such cases appear in the northeastern portion of the state, where the type of tick that transmits the disease is often found. There were but six cases of the disease reported in California during 1924. In Montana, Rocky Mountain spotted fever is more prevalent and a laboratory for investigation into the disease is maintained. Concerning the present status of the disease in that state, a report issued recently by the Montana State Board of Health says:

"In 1922 there were 58 cases of this disease reported, with 15 deaths; in 1923 there were reported 47 cases and 12 deaths and during the first 10 months of 1924, 44 cases and 10 deaths. These figures show a gradual diminution in the number of cases. The control measures of the State Board of Entomology may account for the fewer cases in the Bitter Root Valley, but no doubt the publicity given to the disease and its cause has made the people more careful and watchful during the tick season. The research laboratory of the U. S. Public Health Service at Hamilton is doing valuable work in its attempt to solve the whole spotted fever problem. Drs. Spencer and Parker have devoted their best efforts to the perfecting of an immunizing vaccine. At the present time the outlook is most encouraging. Dr. Spencer, with the courage of his convictions, administered to himself the first dose of this vaccine ever administered to a human. A recent report from the doctor, who is now working in the hygienic laboratory in Washington, indicates that he has been able to immunize guinea pigs with his own blood serum. This would tend to show that the doctor has succeeded in producing a



vaccine of very great value. That the vaccine prepared by Dr. Noguchi of the Rockefeller Foundation and administered by him to the laboratory force in Hamilton in April, 1923, does not confer lasting immunity, is proved by the death of Henry Cowan, one of the laboratory workers, who died from spotted fever seventeen months after the administration of the vaccine. However, when Dr. Noguchi made his discovery, he did not claim for it more than one year's immunization."



### Improving Our Mental Health.

The time is not far distant when as much energy will be directed against the prevention of mental diseases as is now directed against communicable diseases in general. The State of California is now housing, feeding, clothing and providing medical attendance, in state institutions, for upward of 20,000 persons, most of whom are suffering from some form of mental disease. If the application of preventive measures would reduce eventually the number of commitments to state institutions, the saving would be very great.

Concerning the need for early work in the prevention of mental disease, Sir George Newman, Medical Officer of Health for Great Britain, says:

"It is usual to attribute the present day prevalence of nervous and mental troubles to the rush and worry of modern life. Psychologists tell us, however, that although urban conditions may be contributory causes, the predisposition to the trouble may arise quite early in life, often in infancy. Knowledge is accumulating of how this predisposition is acquired and how it may be avoided, and there is no doubt that in the future the question of mental hygiene will be one of the most fruitful fields for popular health education. We must begin at the beginning, in childhood. We must seek to maintain mental health and capacity, and prevent its breakdown; we must give more attention to early mental disorder, to intermittent and recurrent cases, to mental aberration associated with other disease; we must deal with all kinds of mental impairment, from mere retarded development up to insanity, and not wait to act only on the end result; and we must deal with them on the principles of psychology and physiology. We must not be content with conditions of life and labor which tend to produce 20,000 lunatics a year, or be satisfied with their segregation."

### Calvin Coolidge on Public Health.

The President said recently of public health: "Public health lies at the foundation, the very foundation of all human welfare. Unless that is conserved and protected, there is very little use in any other activity for the promotion of public welfare."



Now if the maintenance of health and the prevention of disease be, as we claim, more essential than attempts, many of them blind attempts, to cure disease, or in other words, if the science and art of Preventive Medicine is more important to the state than Curative Medicine, then these two principles stand out at once in bold relief, as supreme. For consider what they mean. They mean that by the periodical physical examination of the body by a competent physician it is possible to treat the beginnings of disease, to correct defects, to reduce morbid tendencies, and to postpone death; they mean that by education in hygiene it is possible within limits to control and improve the health and capacity of every individual. I believe that individuals or a nation who are willing to put these two principles, already inculcated in childhood, into practice—i. e., to be medically examined either periodically or when first indisposed, and accept advice on their health maintenance, and to learn the laws of hygiene—will do more to prolong life, increase its capacity and enhance its value than they would by the adoption of any other single method or procedure yet known to man.—Sir George Newman.



The great men of culture are those who have had a passion for diffusing, for making prevail, for carrying from one end of society to the other, the best knowledge, the best ideas of their time; who have labored to divest knowledge of all that was harsh, uncouth, difficult, abstract, professional, exclusive; to humanize it, to make it efficient outside the clique of the cultivated and learned, yet still remaining the best knowledge and thought of the time, and a true source, therefore, of sweetness and light.—Matthew Arnold.



### MORBIDITY.\*

#### Diphtheria.

130 cases of diphtheria have been reported, as follows: Los Angeles 32, San Francisco 16, Los Angeles County 10, Madera County 6, Oakland 8, Whittier 2, Fresno 2, Richmond 1, Santa Clara County 2, Stockton 1, Palo Alto 1, Sacramento 1, Sacramento County 1, Burbank 4, Glendale 2, San Bernardino County 2, Bakersfield 1, Monterey County 1, Salinas 2, Cloverdale 1, Placer County 1, Merced County 1, Sisson 1, Oxnard 1, Long Beach 1, San Diego 1, Riverside 1, Turlock 2, Pasadena 4,

\* From reports received on February 16 and 17 for week ending February 14.



Berkeley 4, San Jose 4, Stanislaus County 2, Alhambra 2, Alameda 2, Hermosa Beach 1, Redondo Beach 2, San Fernando 1, Kern County 1, Glendale 1, Riverside 1.

#### Scarlet Fever.

137 cases of scarlet fever have been reported, as follows: Los Angeles 36, Long Beach 16, San Jose 9, Pomona 7, Los Angeles County 7, San Francisco 8, San Leandro 1, San Diego 3, Santa Clara 2, Madera County 1, Ontario 3, Riverside 1, Pasadena 2, Sonoma County 1, Alameda 4, Alhambra 1, Hawthorne 1, Redondo Beach 1, San Joaquin County 1, Santa Clara County 4, Redlands 4, Stockton 1, Fullerton 2, Sacramento 1, Orange County 4, San Bernardino County 2, Visalia 4, Tulare County 2, Redwood City 1, Yolo County 1, Holtville 1, Burlingame 1, Kern County 1, Santa Monica 2, Oakland 1.

#### Measles.

28 cases of measles have been reported, as follows: Los Angeles County 10, Los Angeles 5, Pasadena 1, Long Beach 1, Berkeley 1, Pomona 1, Fresno 1, Orange County 3, Eureka 1, Bakersfield 1, Arcata 1, San Francisco 1, Oakland 1.

#### Smallpox.

137 cases of smallpox have been reported, as follows: Los Angeles 50, San Diego 14, San Francisco 9, Livermore 5, Tulare County 7, Oakland 14, Long Beach 1, Los Angeles County 2, Orange County 1, Alhambra 1, San Jose 1, Stanislaus County 1, Santa Clara County 1, Yuba County 4, Sacramento 4, Oxnard 1, Eureka 1, Santa Ana 2, San Bernardino County 1, Covina 1, La Mesa 1,

Placerville 4, Roseville 2, Ventura County 2, Humboldt County 1, Ventura 1, Watts 3, Santa Monica 2.

#### Typhoid Fever.

Five cases of typhoid fever have been reported, as follows: Los Angeles 2, Alameda 1, Sacramento 1, Oakland 1.

#### Whooping Cough.

181 cases of whooping cough have been reported, as follows: Los Angeles 15, Los Angeles County 23, San Diego 9, Berkeley 5, Whittier 9, Stockton 5, Sacramento 31, Bakersfield 8, Monterey 5, San Francisco 8, Madera County 5, San Luis Obispo County 6, South Pasadena 10, Santa Clara County 4, Lodi 3, San Joaquin County 4, San Jose 1, Palo Alto 2, Fullerton 1, Long Beach 2, Madera 3, Pasadena 3, Lompoc 1, Fresno 3, Orange County 2, Salinas 1, Orange 1, Avalon 1, Hanford 1, Santa Paula 1, Santa Maria 1, San Bernardino County 1, Colton 1, Calexico 1, Lindsay 2, Santa Monica 1, Oakland 1.

#### Epidemic Meningitis.

San Bernardino County reported one case of epidemic meningitis.

#### Epidemic Encephalitis.

Alameda reported one case of epidemic encephalitis.

#### Poliomyelitis.

Five cases of poliomyelitis have been reported, as follows: North Sacramento 1, Long Beach 1, Kings County 1, Hanford 1, Oakland 1.

### COMMUNICABLE DISEASE REPORTS.

Disease	1925				1924			
	Week ending			Reports for week ending Feb. 14 received by Feb. 17	Week ending			Reports for week ending Feb. 16 received by Feb. 19
	Jan. 24	Jan. 31	Feb. 7		Jan. 26	Feb. 2	Feb. 9	
Anthrax.....	0	0	0	0	0	0	0	0
Chickenpox.....	283	399	462	350	349	442	497	256
Diphtheria.....	175	175	156	130	342	323	267	196
Dysentery (Bacillary).....	0	0	1	0	1	2	3	0
Epidemic Encephalitis.....	2	0	4	1	5	5	4	2
Epidemic Meningitis.....	1	4	2	1	3	0	1	2
Gonorrhoea.....	163	105	87	130	75	68	117	65
Influenza.....	56	76	80	77	50	49	63	23
Leprosy.....	0	0	1	0	0	0	0	0
Malaria.....	0	1	3	1	0	5	0	1
Measles.....	48	49	39	28	690	947	1054	592
Mumps.....	160	185	191	160	24	47	39	40
Plague.....	0	0	0	0	0	0	0	0
Pneumonia.....	94	98	92	145	103	104	90	56
Poliomyelitis.....	4	6	2	5	2	1	1	1
Scarlet Fever.....	181	171	170	137	364	360	310	180
Smallpox.....	194	182	179	137	320	374	392	164
Syphilis.....	153	108	138	116	69	56	178	59
Tuberculosis.....	171	172	130	214	155	202	201	112
Typhoid Fever.....	12	9	10	5	7	248	27	9
Whooping Cough.....	181	155	119	181	27	53	61	26
Totals.....	1878	1895	1866	1818	2586	3286	3305	1784

CALIFORNIA STATE PRINTING OFFICE